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WAR FOOD ADMINISTRATION  
Office of Marketing Services

511-513 U. S. Court House  
Phone 2-1365

Fort Worth 2, Texas  
February 1, 1945

WARTIME FOOD BULLETIN

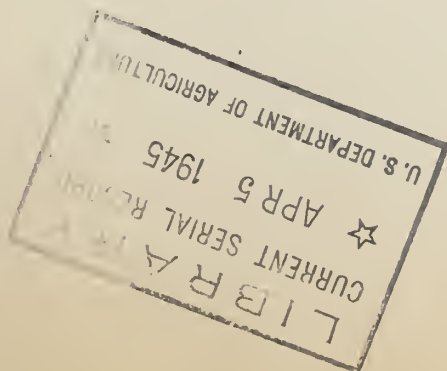
The attractive array of midwinter vegetables and citrus fruits now available from South Texas deserve special attention of the buying public this week. If you are fond of root products including beets, carrots, or turnips you can find a good supply from the Lower Rio Grande Valley. Or if you like greens, there are turnip tops, beet tops, spinach, collards, or mustard greens. If the fine quality of Texas citrus appeals to you there are various types of oranges, grapefruit, etc. If you find it hard to buy good northern-grown Irish potatoes you may want to try the new crop Texas potatoes in their place.

Housewives and other consumers on the lookout for good buys in fresh foods find some attractive bargains on the market this week. High quality green cabbage from the Lower Rio Grande Valley is now selling lower. This staple vegetable, which is recommended by nutritionists, is being trucked in daily to Fort Worth, Dallas, and other Texas markets. The moderns do not recommend cabbage so much for its medicinal properties as the ancients did but we recognize it as a valuable source of vitamin C. Along with citrus fruits and tomatoes it occupies a place in group 2 of the seven basic foods suggested by the government to promote public health. When served as cold slaw or cooked just long enough to make it tender the vitamin values are retained and it proves a popular part of the menu on many dinner tables. Onions are still plentiful and are among the best buys.

Fruits and vegetables on North Texas markets this week are by no means limited to products of the Lone Star State. The government has set aside some of the best potatoes and some of the favorite apples of the Pacific Northwest for use of the armed forces. Yet there are other apples offered and there are still sweet potatoes. Lettuce from California's Imperial Valley is in most grocery stores.

Tomatoes from Old Mexico are repacked for uniform maturity. The prices are not exorbitant. Even string beans, summer squash, eggplant, and peppers are now more regularly on the market.

Furnished by Ralph G. Risser  
Federal Food Reporter





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Fort worth 2, Texas  
February 8, 1945

WARTIME FOOD BULLETIN

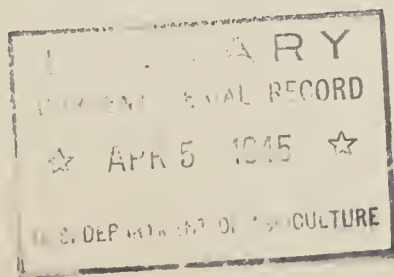
Despite the popularity of fresh vegetables and fruits they should have a still larger place in our national diet. Nutrition authorities say that many people are especially undersupplied with green vegetables.

Yet even in February there is an ample supply here of many of these wholesome fresh products. Transportation difficulties, refrigerator car restrictions, requirements of the armed forces, and other conditions are limiting the arrivals of certain products available in many markets. But here in Texas there is sufficient green cabbage, root vegetables, spinach, sweet potatoes, and certain kinds of oranges, grapefruit and apples. In fact there is a very attractive and varied assortment of many fruits and vegetables in Fort Worth stores. The trade is in a position to meet most of its customers demands. It has a long list of offerings. It is receiving most of the commodities regularly from the producing sections. However, it is short on certain things like Irish potatoes, certain sizes of some varieties of Northwestern boxed apples, and a few vegetables from Florida which are sensitive to low field temperatures. In addition to receipts from Texas it receives shipments of perishable commodities from such states as California and Fla., and it is drawing upon old Mexico for tomatoes, peppers, English peas, and bananas.

In some instances one cannot buy his favorite variety grown in the state which he prefers but in most cases there is a good substitute for the special article desired. Apples, for example, are available in several varieties from Washington, Oregon, Virginia, New Mexico, Idaho, and from Canada.

Opinions may differ as to the best buys at any particular time because there is no infallible yardstick of food value. In the opinion of the writer, however, best buys of fruits and vegetables in Fort Worth at this time include cabbage, carrots, spinach, onions, grapefruit, and oranges. Buyers on the lookout for their money's worth should consider price differences of the various sized fruits and they might compare prices of similar products from nearby and from distant producing sections.

Furnished by Ralph G. Risser  
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WARTIME FOOD BULLETIN

Texas consumers of fresh fruits and vegetables are again fortunate in having continuous supplies of these products available in ample quantities and sufficient variety so that they can be used liberally in preparation of meals. Despite conditions which have hampered the transportation of such commodities to certain markets, the Dallas-Fort Worth area is able to give many fruits and vegetable their proper place in the diet to promote zestful and wholesome living. Rains, wet fields, and fogs have hindered truck hauling from the Lower Rio Grande Valley and a three day holiday on the loading of refrigerator cars in California, Texas, and Arizona has limited the use of such insulated equipment to non-civilian requirements but box cars have been used rather freely during this emergency so that rail receipts in this territory are not expected to be short.

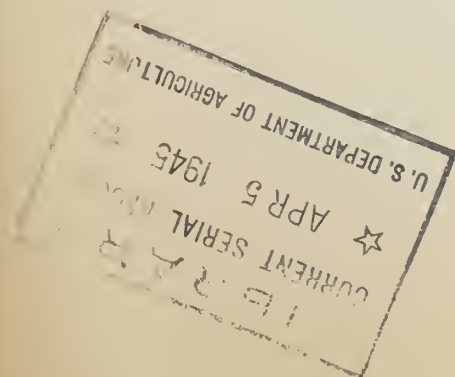
Attention is called to citrus fruit. A delightful way to get off to a good start on a cheerful, busy day is to have a Texas grapefruit for breakfast, or a tall glass of sweet Valencia orange juice. Either the grapefruit or the orange is rich in vitamin C. And do not overlook the advantages of the smaller sized oranges. Scientists of the U. S. Department of Agriculture have made systematic tests of the quality of Florida oranges. The results of their sampling show that the small oranges averaged better in taste or flavor, richer and sweeter with a higher content of solids, and also a greater vitamin C value. Despite the greater juice value of the smaller oranges in all these respects they can frequently be bought at a lower price per box than larger sizes.

Attention is also called to the green vegetables now available. Thanks to favorable growing conditions lovers of vegetable salad can satisfy their desire for lettuce, celery, green beans, and tomatoes. Green clean cabbage is one of the best buys. It can be used for slaw or for cooking. Other greens are also in the stores. Spinach, collards, mustard greens, or turnips with tops can be had without boosting the high cost of living. Root vegetables are also offered at moderate prices which make them best buys. Carrots, beets, turnips, and rutabagas are being brought in regularly.

There are still several varieties of apples on the market and one variety of late Northwestern pears. Supplies of bananas are rather irregular and there is an occasional arrival of imported fresh pineapples.

As the season advances into late winter, human vitality reserves are said to reach the lowest point in the year. Housewives recognize the importance of maintaining the vitality of their families and are freely utilizing fresh fruits and vegetables for this purpose.

Furnished by Ralph G. Risser, Federal Food Reporter







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cap 3 Despite occasional spells of rainy weather and wet fields during February, supplies of many fresh vegetables continue generally adequate except in case of a few products or for short periods. Temporary shortages of refrigerator cars frequently hamper the movement and limit the receipts of certain products from loading points in some states. Set aside orders give the armed forces priority on the purchase of Irish potatoes originating in several states as well as certain varieties of apples from Washington and Oregon. An amendment to the set aside order on Northwestern apples releases the popular Delicious variety. Governmental agencies have filled their requirements for Delicious apples but car shortages may curtail the movement for civilian trade channels.

The new amendment to WFA's set aside order on apples renews interest in the apples for eating out of hand because the Delicious variety is a favorite for that purpose. However, there are many other varieties with consumer appeal. Besides the Delicious, the Northwest also produces Winesaps, Rome Beauties, and Yellow Newtons, which were included in the set aside order. About 40 percent were expected to be reserved for our fighting men which would leave 60 percent for civilians. Apple sauce, baked apples, fried apples, apple dumplings, and many other tasty dishes may be prepared from the cooking varieties.

Grapefruit and oranges are now going into consumption at the rate of several hundreds of cars per day and their consumer appeal is well justified.

Cabbage is now plentiful because South Texas is harvesting a good crop. During the next month or more supplies should be available every day. Take advantage of this steady supply by using it frequently so that none will be wasted.

There are ample quantities of fresh Texas carrots offered to you also. They contain liberal quantities of carotene, the mother substance of vitamin A. Get the full benefit of this excellent vitamin source by serving carrots either raw or cooked.

Besides cabbage and carrots another best buy which is still available is the old standby, onions. We may use onions freely without fear of exceeding the food budget. They may be utilized as a vegetable dish or for their high value in seasoning many kinds of food. They are cheaper now than ten days ago.

How to cope with the short supply of Irish potatoes is now a common consumer problem. What to do about it? The answers are: (1) Buy only in normal quantities to meet current needs. (2) Use other vegetables more liberally. (3) Avoid the waste which will result from trying to keep large supplies under normal temperatures during the spring months. Many potatoes have gone to war. G. I. Joe likes them and he has first call on the best there is. The Quartermaster Market Centers have built up a large back log of the best storage stocks available with which to feed the armed forces during the spring and early summer. These supplies are being held in cold storage to avoid the shrinkage and loss due to sprouting and decay which develop at moderate or high temperatures.

Furnished by Ralph C. Bigger, Federal Food Reporter

